



Talking to your Child's Doctor or Nurse:

Most doctors or nurses don't talk to parents about their children's weight and fitness. This means it may be up to you to start the conversation. Most healthcare professionals will be happy that you brought it up and you will be amazed at the resources and support they can provide to help your kids stay fit and healthy.

Be upfront and be honest. Ask your doctor:

1. **How is my child's weight?** Does your child need to actually lose weight, or just maintain his or her current weight? Some kids will grow into their weight, while others will need to shed a few pounds.
2. **Will you track my child's Body Mass Index (BMI)?** BMI is a ratio of height and weight used to determine a healthy body type. While BMI is not a perfect indicator of overweight or obesity, right now it's the most common and accepted measure.
3. **Does my child's diet need to improve?** Tell the doctor what your child's diet is like. Ask where improvements or changes can be made. Does the doctor recommend you see a dietitian for further help?
4. **What type and amount of exercise do you recommend for my child?** Ask your doctor what types of sports are good options for your child and if they know where these activities are available in your area.
5. **Are there any screenings that need to be done?** Mention other related health disorders that run in families such as diabetes, or high blood pressure. If your child has a high risk or has family history you may want to test for diabetes, high cholesterol, etc.
6. **What type of support and encouragement do you recommend?** Are there appropriate and inappropriate rewards? Some doctors may recommend a counselor, support groups or other external help.
7. **What lifestyle changes can we make other than just diet and exercise?** Doctors see a lot of kids dealing with the same issues, and they might be able to recommend new ideas that have worked for other families.



8. **Where do you recommend we go to get more information and assistance?**
Your doctor can be a great resource for information and community support.
9. **When should my child come in for another checkup?** It will help if the doctor can track your child's progress.

Creating an honest and ongoing dialogue with your doctor is one of the best ways to make sure your kids stay healthy and happy. So go ahead and start the conversation.